

Dannell Boatman: Welcome to IMF, the official podcast of the WVU Injury Control Research Center. My name is Dannell Boatman, and I lead the Education Core here at the WVU ICRC. Before we get started today, let's say hi to our co-host, and we'll start with safety Dan.

Dan Shook: Hi.

Dannell Boatman: Let's elaborate on that.

Dan Shook: Hi.

Dannell Boatman: What's your name, Dan?

Dan Shook: Oh. I'm sorry. My name is Dan Shook. I'm the director of Mountain Safe Outreach program for the Injury Control Research Center.

Rob Bossarte: Dan may have decided TI.

Dan Shook: [inaudible 00:00:36].

Sara Warfield: All right, hello, my name's Sara Warfield. I'm a fourth year PhD student in epidemiology.

Cara Stokes: Cara Stokes, I am a post-doctoral fellow at the Uniform Services University, but I did train here. So, that's the affiliation.

Rob Bossarte: I'm Rob Bossarte, I am director of the ICRC.

Bonnie Grimm: Bonnie Grimm, program assistant at the ICRC.

Rob Bossarte: Welcome, Bonnie, it's nice to have you.

Sara Warfield: We love Bonnie!

Dannell Boatman: So, basically, Bonnie Grimm is the heart and soul of the ICRC and we love her dearly.

Rob Bossarte: Yes.

Sara Warfield: More than dearly.

Rob Bossarte: Yes. And it would be-

Cara Stokes: I don't know what's more than dearly. But something.

Dannell Boatman: Super intense.

Cara Stokes: Yeah.

Rob Bossarte: It would be a misrepresentation of the truth to say she's here voluntarily. She's not happy about speaking into the microphone, but she's joining us.

Dannell Boatman: And you should see the angry look she keeps giving our director, Dr. Rob Bossarte.

Rob Bossarte: I take that to be a sign of love.

Dannell Boatman: All right, so this episode we wanted to end 2018 by looking back on some of our projects this past year. Then looking forward to our work in 2019.

Dannell Boatman: So, let's start by highlighting our work, and three main areas of emphasis, which are research, education, and outreach.

Dannell Boatman: So, Rob, our dynamic leader is going to talk a little bit about some of the things that have happened under research this past year.

Rob Bossarte: So, my favorite thing today, so far, is being called dynamic, so thank you for that.

Dannell Boatman: I knew you were gonna comment on that.

Rob Bossarte: Bonnie, am I dynamic?

Dan Shook: Suck up.

Bonnie Grimm: Oh, always.

Rob Bossarte: Bonnie's like the color commentary person today.

Dan Shook: Howard Cosell.

Rob Bossarte: There's a dated reference, yeah.

Rob Bossarte: So, I suppose we talk about three. We've had a very busy year of research. I think we've done a lot of really good things, across all areas of the surgery center. Research, education, training, and outreach. I know we're going to talk about training, education, outreach in later sections.

Rob Bossarte: But, our research, we continue to have amazing support from our affiliates. People like [Dr. Keith Sulig 00:02:35] who's doing a study of mindfulness as a complimentary therapy for opioid addiction treatment. [Dena Jones 00:02:42] who continues her work in fall prevention. [Tony Rudesole 00:02:45], who's been with the ICRC for quite a long time looking at implementation of distracted driving legislation. We've been doing some work collaboratively with some of

our federal partners. You've heard Cara talk about uses, and I'll have her talk about some of the work she's done with another collaboration. Sara, who's been working with the Department of Veteran's Affairs.

Rob Bossarte: We've been fortunate enough to receive some new funding for work that we'll be getting in the near future. One I'd like to talk about, and that's a recent award we've received from the patient center at Outcomes Research Institute, or PCORI, which has funded us to do a five-year study of treatment for depression for residents of rural areas. Specifically the use of electronic cognitive behavioral therapy as a treatment for depression for those residents. That will begin, we're hoping in February, and we'll enroll 8,000 patients diagnosed with depression across West Virginia and in Kentucky. So, it's a very large effort involving about 200 clinical provider partners, 100 sites, two Universities, and we're very excited about that.

Rob Bossarte: So, I think, the other project that might be really nice to highlight, I'll ask Cara to talk about her work that was a component of her dissertation in one of the collaborations here at the ICRC with the World Mental Health Survey Coalition.

Rob Bossarte: Cara?

Cara Stokes: Oh, that's it.

Rob Bossarte: That's you.

Cara Stokes: Okay. So, I finished my dissertation this year, which all of you should have heard of already in our previous podcast, but, I will touch on it again.

Cara Stokes: But, my dissertation used data from, as Rob had mentioned, from the World Mental Health Survey Coalition, which is a very large consortium of international data. So, they have data from, what? 30 countries at this point? For my dissertation, I used data from six countries, and the overall ... This is distracting me. The topic of it was Marital Violence, specifically Female Victimization of Marital Violence. So, that we just submitted the publication this past month, and defended my dissertation, so it was a busy year.

Rob Bossarte: So, love your work with the dissertation. Was that a little loud?

Cara Stokes: No, I did not know we were gonna talk about this, so I was not prepared at all.

Rob Bossarte: That's good. Being unprepared gives us the real, in-the-moment sort of response that our listeners in Russia really like.

Rob Bossarte: What ... Of course, your dissertation is important, and we've talked about it on previous podcasts, and the ability to demonstrate that you can predict marital violence from pre-marital factors. But, the fringe benefit of all that, I guess, I don't know if I'd call it fringe benefit, is the opportunity for the ICRC to expand

it's collaborative network to work with the investigators from those countries, to work as part of the World Mental Health Survey Coalition group.

Rob Bossarte: Maybe you can tell us ... Your dissertation's done, your post-doc ... Will you continue work with that group? Where's it going? What does it look like? What do we expect out of it?

Cara Stokes: I hate you so much right now.

Rob Bossarte: You're welcome.

Cara Stokes: So, yeah. I think you and I-

Rob Bossarte: Oh, that's right, I'm part of that.

Cara Stokes: Yeah, you are the director of it, actually.

Cara Stokes: There's quite a few projects on the docket. So, there's been a good bit of interest from our collaborators, and idea generation, and discussing where to go next, and what would have the biggest impact. Given the fact that our data are so unique, and so powerful, we have a lot that we could do with it.

Cara Stokes: So, I'd say, yeah, our continuing collaboration will go on. We have a few projects in the works at the moment. Just finding the time to actually dedicate to do this the best way possible.

Rob Bossarte: So, any students out there who are looking for a wonderful educational opportunity, and a chance to be put on the spot like that, where I know exactly what I'm trying to get you to say, and you have no idea what I'm trying to get you to say, would be a lot of fun.

Cara Stokes: No idea, literally no clue.

Rob Bossarte: Yeah.

Rob Bossarte: One question I'd ask you is, how many countries are represented in our work group? Right? We have...

Cara Stokes: I think it's ... In our work group?

Rob Bossarte: In our work group, yeah.

Cara Stokes: Well, that includes countries that are not contributing data, but I want to say, what is it? 16?

Rob Bossarte: 16 countries.

Cara Stokes: 22. It's 22.

Rob Bossarte: Okay. Yeah.

Rob Bossarte: So, it's a wonderful experience both for me, and I hope for you, and for the Center to be able to really have a chance to collaborate with investigators from these different countries, more in the way that they're doing work and approaching things, hear about the current topics, and what they believe to be the best preventive interventions in this country. Really expand the way we're thinking about it. And yields, I think, opportunities for collaboration beyond this. One that's developing right now around predicting opioid overdose, and adverse events related to opioids.

Rob Bossarte: So, I'm really grateful for this collaboration and everything it's done, and appreciate your work, and leading the work group, and your dissertation.

Cara Stokes: Well, actually, if I can add one thing, it is really cool in the fact that we are able to be a part of this collaboration is awesome.

Cara Stokes: They have a conference every summer, which Rob and I attended in July. It's just this consortium provides really unique opportunities. We were at this dinner. It was Rob, me, a woman from Portugal and her husband, a man from Lebanon, a woman from France, someone from Belgium, it's just incredible, and we're all talking about potential research projects. Then we move on to talking about wine. It's just a really, really cool opportunity to, not only formulate great questions and for research, but also relationships.

Rob Bossarte: At which point you offered to send us all a bottle of your father's wine. I don't think I've received mine yet.

Cara Stokes: It's delicious.

Rob Bossarte: I don't know if you've shipped them to the other countries yes, but I imagine at next year's meeting, everyone's gonna wonder where your father's wine is.

Cara Stokes: This is true. There's a lot of regulations on shipping wine internationally.

Rob Bossarte: Don't promise things like that.

Rob Bossarte: Shout out to Cara's dad and his wine. I'm sure it's delicious, I've never had it.

Sara Warfield: It is delicious.

Rob Bossarte: Of course Sara's had it.

Rob Bossarte: So, Sara, I'm glad you spoke up, because now we get to talk to Sara about the work she's been. doing with another one of our partners which has been a

developing partnership over the past couple of years, but one that, I think, has hit a place where we are beginning to see a lot of fruit out of the collaboration. A lot of opportunity in the data, and just the sharing of information, and research. That's with the Department of Veteran's Affairs, and I know that you're using data from VA for you dissertation. So, maybe you could talk about your dissertation a little bit? Then talk about that collaboration a little bit more.

Rob Bossarte: Again, just if you want to be a student, and have this experience, feel free to contact me.

Sara Warfield: It is excellent.

Rob Bossarte: Because Sara looks terrified right now.

Sara Warfield: I am a little terrified, and am really good at rambling. So, here I go.

Rob Bossarte: Here we go.

Sara Warfield: So, yeah, I'm using data from VA to better understand opioid overdoses. I'm gonna be using electronic medical records that they keep to look at events, and some contextual factors that occur an opioid overdose, then mortality following an overdose. Whether it's an opioid overdose fatality, or other short-term mortality.

Sara Warfield: I don't really ... I'm truly trying not to ramble, so I'm trying to keep it really short and sweet.

Cara Stokes: You failed already.

Sara Warfield: I failed already.

Cara Stokes: I'm kidding, I'm kidding, I'm kidding.

Sara Warfield: Oh, boring.

Rob Bossarte: This is an amazing insight into the work you're doing.

Sara Warfield: Oh, I know, really detailed. I know. It's great.

Rob Bossarte: That's one of my favorite things, everybody. Our listeners in Denmark, you should come here and experience us.

Rob Bossarte: So, one of the things that I think people have a hard time understanding who are outside of epidemiology, is what we think we're going to learn from all of these data that is going to help anything. Right?

Rob Bossarte: So, particularly, people who've never done secondary data analysis, or may not be trained in secondary data analysis. I think frequently they struggle to understand what the benefit of all this time looking at data is, when we could just go enroll patients, and we could do clinical trials.

Rob Bossarte: What do you hope that, and I know you're just starting it, but you've got ... You should see the look on her face. We should do a TV show. This is fantastic!

Dannell Boatman: Oh, poor Sara.

Sara Warfield: Excellent. I'm sweating so bad right now. It's fine I can't wait 'til my defense. Okay.

Rob Bossarte: You've got three specific aims in your dissertation, I don't think you need to go over them now. Unless you want to.

Sara Warfield: I would rather not, but sure.

Rob Bossarte: What do you hope that you can offer the prevention community and clinical providers as you dig into these data? Because, for me, the value in doing this secondary data analysis is not in necessarily, doing the analyses, although I love that, but it's trying to tell a story with data. What story do you think you can tell with this information that helps better understand how we can begin to reduce rates of opioids, or overdose, rather adverse outcomes? Go!

Sara Warfield: I am not very good at telling stories, but, I agree. I think it's really important to apply the research and what you know to the clinical field to better reduce the impact of opioid addiction, or opioid overdoses.

Sara Warfield: So, with this data, and with this project, I'm really wanting to understand how we can reduce the overall morbidity and mortality among those who experience and opioid overdose. I keep hitting the table, so I'm very sorry. There's a noise from that.

Sara Warfield: But ... I hate this so much.

Rob Bossarte: We would just like to welcome all of our listeners to the insights of Sara's head.

Cara Stokes: We've got the best and brightest here. Apparently you and I!

Rob Bossarte: This is literally stream of consciousness communication. Go ahead.

Sara Warfield: Stressing me out like no other.

Bonnie Grimm: You're doing a good job, Sara.

Dan Shook: Yeah, you are. We couldn't shut Cara up last time, during the last podcast.

Rob Bossarte: How about have her face just a little bit differently? Right?

Rob Bossarte: You're passionate about opiod overdose prevention, and passionate about treatment for persons with opiod use disorders.

Sara Warfield: Mm-hmm (affirmative).

Rob Bossarte: If you, and forget about your aims right now. But, if you could do one thing, eliminate one area with your dissertation that you think the application of these data could help inform the prevention community, what do you think we can do with this? With approaches like this?

Sara Warfield: I think we can better tailor primary prevention efforts which are needed. Understanding what overdose people are most likely to die from, where you need to ramp up efforts with treatment, Naloxone distribution. That's already being done, but a lot of the efforts need to be, could be tailored further. Also, understanding the other morbidity, co-morbidities that people experience that struggle with opiod use disorder, or that have experienced an opiod overdose, so that you can really help inform their overall healthcare, because it's not like these individuals experience one problem. It's not that they're struggling opiod overdoses, there are other issues, or experiences that they have in their life, whether it's social determinates of health factors, homelessness, or if it's something like Cardio Vascular Disease, or other mental health co-morbidities. That really understanding what else you need to factor into their healthcare would be important. I hope to better understand more of what's going on.

Rob Bossarte: That a great answer.

Bonnie Grimm: Good job, Sara.

Sara Warfield: I don't know about all that.

Rob Bossarte: That was a good answer.

Rob Bossarte: One of my favorite things about being a researcher is the opportunity to challenge the assumptions that people carry forward into things, right? So, some of the important things I heard you say were better contextualize the characteristics of risk, and the circumstances surrounding opiod dependency or overdose. Which, to me, says that the clinical community, maybe prevention community has perhaps an answer in their head for what's going on with people, their collective mind, and the interventions and services they deliver are informed by that.

Rob Bossarte: But, what you can do with your dissertation, I heard, is begin to give data points that force people to look at this in a different way. Or consider things that they haven't considered before. That may become the foundation for new preventative interventions, or reasons for testing a new clinical approach.

Rob Bossarte: But, it's really challenging those assumptions of the prevention community, and of the, well, the entire discipline, right? A very Coonian paradigm shift, type of thing.

Sara Warfield: Yeah, exactly what I was thinking. Just took the words right out of my mouth.

Dannell Boatman: So, it sounds like a lot of exciting research going on right now, with our affiliate researchers-

Rob Bossarte: This is Dannell getting us back in line.

Dannell Boatman: Sorry.

Dannell Boatman: So, a lot of important research going on with our students, with our affiliate researchers, and some projects that are actual faculty here at the ICRC are leading.

Dannell Boatman: Let's transition into another focus of our work here at the ICRC.

Rob Bossarte: Oh, my name's next to this one.

Dannell Boatman: What?

Rob Bossarte: My name's next to this one.

Dannell Boatman: Because I'm gonna ask you about it.

Rob Bossarte: Oh, yeah? Good.

Rob Bossarte: Bonnie, what do you think?

Bonnie Grimm: Go for it.

Dannell Boatman: We're gonna focus on our education core, which I mentioned earlier I lead, but, I think it's really important that we go to Rob here to talk a little bit more about what I means in the grand scheme for the ICRC.

Dannell Boatman: We've done a couple of different projects this year, including, we have an actual injury prevention course that [Dr. Robin Pelini 00:16:14], who's a faculty member here at the ICRC led, and then we've done some podcasts and webinars. So, just want to get your overall, I don't know, understanding of the direction of education for the ICRC, or what your thoughts are.

Rob Bossarte: Aren't you the Director of Education Training?

Dannell Boatman: Yes. However, you're more well-spoken than I am.

Dan Shook: She can't explain what she does.

Rob Bossarte: Yeah, right.

Dannell Boatman: Yeah, actually ...

Rob Bossarte: Let me try to explain what Dannell has brought to the Center if I could, and all the innovation, because it's really not mine. It's really yours.

Rob Bossarte: But, I think over the past year, particularly since you've arrived, it's been transformative and the way we've been able to approach education and training. The webinars have been entirely your idea, so thank you for that. That gives us a chance to reach a much broader audience, and engage a much broader circle of affiliates, so that we can disseminate to our students, and our academic partners, our community partners, a lot of the innovative thinking that's going into research and intervention design around here.

Rob Bossarte: I'm really excited about the webinar. Really excited WVU started a new undergraduate major in Public Health, and Dr, Pelini, Robin's course, in Injury Prevention, is a great introduction to that for undergraduates, and a way for us to engage students in this. To keep that next generation going, because sooner or later, Cara and Sara are going to leave us. Maybe not, maybe they'll just stay forever. Which would be great.

Rob Bossarte: We need to continue to engage students and expand the number of people working in this area. It's worth highlighting again, for everybody, injury related mortality is the second leading cause of death among Americans. It's kind of prevalent. Suicide the 10th leading cause of death. We need a lot of people focusing on this, right?

Dannell Boatman: So, you mentioned that the webinar is my brainchild-

Rob Bossarte: It is.

Dannell Boatman: What about the podcast? Which is your brainchild. How does that feed into education and training here at the ICRC?

Rob Bossarte: Yeah, most the time I have a lot of bad ideas. So-

Dannell Boatman: Oh, but this can't be one.

Rob Bossarte: What I usually-

Dannell Boatman: We're all here.

Rob Bossarte: Just so all our listeners in China understand, what usually happens is I have a really bad idea, and I bring it to Dannell and she says, "That's really interesting,

Rob, but why don't we think about it this way?" So we end up with something that actually works.

Rob Bossarte: The podcast, I'm excited about, because what we're trying to do is bring research and all of our activities, be it education training, community-based intervention, to the larger community. To be able to have conversations with people where we take a lot of the more academic ideas or activities and disseminate them in a way that helps people understand the impact. One of the things that really drives me in the podcast, is that all the people sitting around this table, particularly Bonnie, who just won't stop talking ... She hates me.

Cara Stokes: Poor Bonnie.

Rob Bossarte: They are ... One of the [inaudible 00:18:57] for this podcast was the passion that I see in the academic community that I think is often lost. That if you get to know people like Dan, Lord help us all ... And Sara, and Cara, and some of what you heard. They wake up in the morning and they truly believe that they have ideas that are going to change the world. They're going to help people.

Rob Bossarte: Dan's shaking his head.

Dan Shook: I've got to go to the bathroom, first thing.

Dannell Boatman: There's the passion.

Rob Bossarte: After Dan goes to the bathroom, he has a belief that ... That's what I think motivates a lot of the people that I work with. This belief in their ideas, and innovation, and collaboration is gonna change the world. Change it for the better for people. Particularly in public health.

Rob Bossarte: I wanted the podcast to be able to show that to people. To bring that passion out. So, we've had conversations with Robin, and [Will Pigeon 00:19:43], and [Keith Zulig 00:19:45], where we've tried to really focus on not just their work, because that could become really academic, but about what drives them to do that work, and what resonates in them with this idea that somehow it's going to make a difference when it's all said and done.

Dannell Boatman: You can say a lot about our podcast, but you cannot say that they're boring.

Rob Bossarte: No, which is why we have such a broad, international listenership.

Dannell Boatman: That's right. So, if you haven't subscribed on iTunes yet, please check us out.

Rob Bossarte: Which would be weird, you're listening. but, go ahead.

Dannell Boatman: So-

Cara Stokes: Good point.

Sara Warfield: That's a good point.

Dannell Boatman: But you know what?

Cara Stokes: Tell people, that's a better point.

Rob Bossarte: Yeah, tell a friend.

Cara Stokes: Yeah, tell a friend.

Dannell Boatman: Tell your friends to subscribe.

Rob Bossarte: So, on that, one of the things that was a point of emphasis for us a year ago, when Dannell came on, was increasing our social media footprint. We really didn't have much social media activities going on.

Rob Bossarte: Dan became Safety Dan, like magic. We had some guy in a hat falling off the steps and-

Dannell Boatman: Frequently.

Rob Bossarte: Yeah. Capes flapping on tables, but it became a really effective tool for spreading messages around fall prevention, and distracted driving.

Dan Shook: [inaudible 00:20:53].

Rob Bossarte: Yeah. Opioid abuse. I mean, the problems facing our community. Dannell, you've done an amazing job at that. Our Facebook page, our You ... We don't have YouTube. We have YouTube. Yeah, we have YouTube.

Dannell Boatman: We have YouTube. We have Pinterest.

Rob Bossarte: We have Pinterest, we have Instagram, we have Twitter, and the number of followers we've had, I know has increased a lot, and our footprint has expanded. So, I'm really happy about that as well.

Dannell Boatman: I will say that [Taylor Gill 00:21:17] our awesome-

Rob Bossarte: Hey Taylor!

Dannell Boatman: ... staff member here at the ICRC. She's really delving into social media a bit more than me, because I'm old. But, she understands it a little bit better, and she's coming up with some great things. So, expect that going forward. Taylor's much more inventive than I am.

Rob Bossarte: I hear we're getting a grinder [inaudible 00:21:36]. That's kind of awesome.

Dannell Boatman: Maybe not grinder.

Cara Stokes: Dan's the face. Safety Dan.

Dannell Boatman: Really!

Dannell Boatman: So, earlier-

Cara Stokes: That's what I heard.

Dannell Boatman: So, Rob, earlier you mentioned about building this pipeline of people interested in injury prevention. So, adding to that, we started an annual even this year, called the Injury Controlled Field Trip, though I hate ... I know you hate the name of it.

Rob Bossarte: Yeah, I mean, it sounds like you should have a permission note. Stick it to your shirt.

Dannell Boatman: We did have to sign paperwork.

Rob Bossarte: I know. It felt like we should give them a little bag with a banana and a cookie lunch.

Cara Stokes: We got lunch. We got a [crosstalk 00:22:07].

Dan Shook: We did.

Rob Bossarte: Field trip.

Dannell Boatman: So, basically, we took a bus full of, I forget how many.

Rob Bossarte: 26, I think.

Dannell Boatman: Yeah, it was 26 students, out to Brewster Mill-

Rob Bossarte: Out into the woods.

Dannell Boatman: ... which is, what, 20, 30 minutes way from Morgantown, and did a whole bunch of different field trip activities. There was zip lining, there was some kind of tower that people climbed and did scary things on it. Then, while we were doing these outdoor activities we injected some injury prevention research. Talked a little bit about what we do here at the ICRC, and avenues that these students could pursue going forward.

Dannell Boatman: So, do you want to talk a little bit about that? Then I'm gonna ask Sara, who actually attended said field trip, to tell us a little bit about her experience there.

Rob Bossarte: Yeah. I can just briefly say everything you said is amazing, and ditto. But, that's exactly the point, right? We wanted to find a way to engage with undergraduate and master's students in a way that wasn't classroom learning, and boring, but actually engaged with them in a partly social, so they can see us all as humans who interact, and get a chance to talk to us informally during breaks about the work we do. But, also provide them with a little bit of background and foundational education in the topics that are important to us, as an injury control research center. Fall prevention, traumatic brain injury, and suicide, and overdose prevention.

Rob Bossarte: So, we were able to sprinkle in lots, and Dan did distracted driving, lots of smaller briefer learning opportunities with a really social exercise, where the students got to know each other. I know that we've already had dividends of people following up, wanting to volunteer and do mentorship activities here. So, it's something that I hope is an annual event. I think the most ... Well, it's not the most exciting thing, but, one of the most exciting things is we got a new mascot out of it. Our mascot is now a fainting goat, which is just amazing. Right?

Dannell Boatman: It led to lots of questions about our T-shirts, but it is amazing.

Rob Bossarte: There's a goat on the back for all of our listeners in Australia, there's a goat on the back. [inaudible 00:23:57].

Rob Bossarte: So, it's a theme now, and I'm excited about it. Of course, it's greatest of all time, just like Jerry Rice wear the goat of Injury Prevention, and now the goat is our mascot. Thank you Taylor, for bringing that to the table, I really appreciate that.

Dannell Boatman: So-

Rob Bossarte: Taylor refuses to speak.

Rob Bossarte: Sara, would you like to tell us about your experience as a graduate student?

Sara Warfield: Yeah, you know I love talking, so here we go.

Sara Warfield: No, it was a really good opportunity for me as a PhD student who usually just comes to the ICRC which is off campus to interact with undergraduate students and masters students, and to really talk to them about injury prevention. It kind of made me think, again, about why I went into what I've gone into. Why I came to WVU, why I really wanted to work at the ICRC, and what I'd get out of it.

Sara Warfield: The interactive lessons that were set up, I think were really excellent for students, and for me, except I'm pretty clumsy, so some of them weren't really set up well-

Dannell Boatman: You did really well on the tower, to be honest.

Sara Warfield: I did not do that well. I freaked out. But it was a really good time. Twice. Freaked out twice. Tried to go up two different sides.

Dannell Boatman: That thing was huge.

Sara Warfield: Yeah. Well, it was a really, really good time though. There was a huge swing, that was fun.

Dan Shook: We had fun.

Sara Warfield: Yeah, it was ... It was fun. It was a good chance to interact and talk to students, encourage them to think about injury research, or to work with us, public health, get more involved with the public health school. So, I think it was a really good opportunity for me, and for them.

Dannell Boatman: Oh, good.

Rob Bossarte: I'm gonna take director's prerogative here, real quick-

Dannell Boatman: Oh, okay.

Rob Bossarte: Just take a couple of minutes. Because there's another perspective I want people to hear. And that's the person who has to manage all of these young students and provide meals, and transportation to keep everything in line.

Rob Bossarte: Hey, Bonnie!

Bonnie Grimm: Yes?

Rob Bossarte: You want to talk to us for a minute about working with the students? How long have you been with the injury center? How long have you been with WVU?

Bonnie Grimm: This year makes 20 years.

Rob Bossarte: 20 years. Yeah. So, you've seen a lot of students come and go, have a lot of experience working with students. You've had the misfortune of seeing me come, go, then come back and not leave. How was it working with the students for the field trip? I wanted to call it an immersion experience for all of our listeners in Denmark. [inaudible 00:26:19] I lost, and it was field trip. So, what was it like?

Bonnie Grimm: It was good. It was the first time we had ever done that, I think, at the injury center. It was interesting.

Rob Bossarte: Do you think the students liked it?

Bonnie Grimm: Oh, I think they loved it.

Rob Bossarte: Should we do it again?

Bonnie Grimm: Yes.

Rob Bossarte: Subway sandwiches next year, or something else?

Bonnie Grimm: Sandwiches.

Rob Bossarte: I was thinking about Taco Bell, but all right, we'll go with it.

Dannell Boatman: I don't think they'd hold up very well.

Rob Bossarte: You don't think Taco Bell would-

Dannell Boatman: I don't think it would hold up very well.

Rob Bossarte: Hard tacos, it'll work.

Rob Bossarte: Any other thoughts on that?

Bonnie Grimm: No. Not really.

Rob Bossarte: Sara could learn a thing or two from you about how to keep a conversation going.

Sara Warfield: Bonnie, I'm right beside you, don't worry.

Dannell Boatman: So many chatter boxes on this podcast.

Rob Bossarte: I know. Please Bonnie, we're trying to get through this.

Bonnie Grimm: Go right ahead.

Dannell Boatman: I thought we could just wrap up the education section by kind of just talking a little bit about our internship and our mentorship program here. Naturally, I know Rob's gonna chime in, but I also wanted to make sure we talked ... we talk a little bit to Cara, who just finished up her mentorship at the ICRC, and talk a little bit about what it was like to work with us here as a student.

Rob Bossarte: I've got nothing to say.

Dannell Boatman: Oh, you do, I'm sorry.

Rob Bossarte: I feel like I was yelled at again.

Dannell Boatman: Oh.

Rob Bossarte: And Bonnie just hit me, for everybody who's listening in Canada.

Dannell Boatman: So, Cara, would you like to tell us a little bit?

Cara Stokes: So, no preamble from Rob?

Rob Bossarte: No.

Cara Stokes: Okay. I got the boring topic about mentor ... No, I'm just kidding.

Cara Stokes: I'm not actually finished. You said I left.

Rob Bossarte: No pressure. I believe I'm one of your mentors, so go ahead.

Cara Stokes: Yeah. So-

Rob Bossarte: Aren't you gonna work with us for post-doc? Yeah go ahead.

Cara Stokes: Yeah. No paperwork signed, so maybe I shouldn't say that. We'll see how this goes.

Dannell Boatman: It seemed like you got a little bit of a preamble.

Cara Stokes: I suppose. But, yeah, what do you want me to talk about exactly?

Dannell Boatman: Just your experience working here.

Rob Bossarte: [crosstalk 00:28:11].

Dannell Boatman: Robert! Robert.

Cara Stokes: Robert.

Dannell Boatman: Robert, as your mentor.

Cara Stokes: Robert, was a good mentor here at the ICRC. I actually, we don't have to get into the history of my PhD program, but I actually came here in my third year, which was, for those of you who have not been through a PhD program is like a huge jump. I switched topics, I switched mentors, I switched everything in to the ... We had maybe one phone conversation before I came over here. I was like, "This is a guy that I want to work with." Yeah. I think it was a great opportunity, a great learning experience. I think I learned more in the last two years outside of the didactic piece of education, than I did in Masters and PhD.

Cara Stokes: No, no. It's really true. I think Sara would agree?

Sara Warfield: Yeah, no, 100%. Yeah.

Dan Shook: Two suck ups.

Cara Stokes: I still need a job ... So, I'm just kidding.

Dan Shook: Understand.

Cara Stokes: I'm being very, very honest. Yeah. It was a great opportunity. Rob has a lot of previous experiences that you can learn from just in conversation, not necessarily an application of whatever you're doing in that point in time, whether it's analysis or writing or whatever.

Cara Stokes: At times, it can be brutal, but it's a good brutal, right? You get something back that says, "I have no idea what you were just talking about, maybe retry again?" But, it was all constructive which was very good. I haven't left, Rob is still indirectly a mentor where I am currently which is a post-doc at USIS, the Uniformed Services University. Then, when I leave there, I will actually be staying on still, hopefully, on the PCORI Grant that was mentioned earlier.

Rob Bossarte: We'll have you.

Cara Stokes: Yeah. So, I've not left. Obviously, it was good.

Dannell Boatman: Yay!

Cara Stokes: Flags and sucking up, we're doing a good job!

Rob Bossarte: I was feeling so good 'til you said that.

Dan Shook: Yeah.

Cara Stokes: No, I'm not sucking up.

Rob Bossarte: All right, so, there's not a preamble, but there's a closure I suppose. I'm thrilled that Sara and Cara are with us, and all our other students, Shannon and Steven, and Elizabeth, who's moved on to be faculty. What I hope it demonstrates is our commitment to mentoring and education here at the Center. Our commitment to helping the students who come to WVU achieve their goals because they take as much of a chance on us as the university takes on them. They are a reflection of our institution and our approach as they move forward and they change the disciplines that they work in.

Rob Bossarte: So, we are committed, and I know you are too, as our Director of Education and Training, to facilitating their growth and their success in any way possible.

Rob Bossarte: Sometimes it's painful, but, it's always intended to yield a better outcome and have a growth experience. Just like Bonnie and I are having over here right now, as we let her talk into the microphone, right Bonnie? Go ahead.

Cara Stokes: Did you hold hands?

Bonnie Grimm: Right.

Dannell Boatman: Very well put.

Rob Bossarte: That's sexual harassment.

Dannell Boatman: So, last but not least, why don't we talk a little bit about our outreach core, which has undergone some changes this year, which are exciting. Thanks to Safety Dan.

Dan Shook: Yes they are. I want to give a little shout out to our listener in Lithuania. My name is Dan Shook. On a personal note here, I have to say that I'm about ready to be put out to pasture. Over the course of my career, I've had a lot of jobs I've enjoyed. But, I tell ya, I'm ending my career in one of the best jobs that I've ever had.

Dan Shook: For me to be able to hang out with these people in this room, that are so smart ... As a matter of fact, my very presence in this room has lowered the IQ a few points, has been so rewarding. I mean, these folks do the things that I get to take out to the community and help people. That's what I ... For most of my career, that's what I've done. I've tried to do things that will help other people. That's what everybody in this room is doing. I mean Bonnie too.

Dan Shook: When I talk about researchers, I mean Bonnie is just as much of this whole success as anybody. In 2016, I got hired to be the director of this program called the West Virginia University Greater Morgantown Safe Communities Initiative, and it basically was to work with community groups to prevent injuries, and deaths. They're preventable. The things that we do to ourself. Over the course of the past couple years, and particularly this year, I was very excited to see that the Safe Communities Program, which was an accredited National Safety Council program, has morphed into a Mountain Safe Program, which is the Injury Prevention program for our CDC funded ICRC.

Dan Shook: I'm very excited, again, about working with all of these folks, and taking what they learn in the laboratory ... You guys work in a laboratory? Well, wherever they learn, I get to take that information and work with communities to make communities thrive, and healthier, and safer. We're working on, there's a small community, I guess that's Northwest of Morgantown, we're working with them on a falls prevention program, and a medical clinic, a healthcare clinic up there. We're working on pedestrian safety, trying to bring some technology to a community nearby to help reduce, or prevent injuries from happening to people

crossing the street. Just simple little things. All the little things that we study here to help make a community safer.

Dan Shook: That's what we do, and it's kind of fun. Taking it out to the community. I'm not smart enough to do what these guys do, but I understand enough to be able to speak in layman's terms. The person that babysits me, the reason why she's not talking about education is Dannell. Dannell helps babysit me a lot on this program. So, shout out to her.

Dannell Boatman: I'm glad that I'm your babysitter.

Dan Shook: Yes. That's all I got.

Rob Bossarte: Hold on, Bonnie's writing me a note.

Bonnie Grimm: I have to go.

Rob Bossarte: Oh.

Dannell Boatman: So, since Bonnie's leaving, why don't we just say, thank you Bonnie!

Rob Bossarte: Thank you Bonnie!

Sara Warfield: Bye Bonnie!

Dannell Boatman: We love you! All right so-

Rob Bossarte: Wait! Bonnie? Shout out to anybody real quick?

Bonnie Grimm: You're very welcome. I love you all.

Rob Bossarte: Damn, it's so hard to be mean to her.

Dan Shook: Oh, yeah.

Dannell Boatman: All right, so Rob, do you want to talk a little bit about Mountain Safe becoming the outreach wing of the ICRC this year?

Rob Bossarte: I think Dan just did. We're excited about it, and excited about where it's going. Excited about the potential for increasing our collaboration with the communities. I know that Dan and Dannell have been strategizing to have couple of communities come on board as official partners in 2019. Look forward to seeing what that looks like. But, of all the things we do, I'm equally enthused about all of them.

Rob Bossarte: While I do research, and I could not possibly do the work that you do Dan, or Dannell, I'm really happy that you guys are here doing it, and think that having

these community partners and the work that we're able to do with them is essential to our success. Dan's not really crying, he's making that up.

Sara Warfield: He's putting eye drops in.

Rob Bossarte: Yeah, yeah.

Dannell Boatman: So, now that we've covered our three areas, research, education, and outreach in 2018. Looking forward, do you have any thoughts about the ICRC in 2019?

Rob Bossarte: I do, it's gonna take a while. So, everybody settle in. No.

Dannell Boatman: Yay!

Rob Bossarte: I think 2019 is going to be an equally challenging year. We've had a lot of growth in the Center over the past year. We've added a lot of team members. Mary, and Aneva, and Sherry have joined us, and Dannell. We'll expand again in 2019 as we're bringing the PCORI project on, and some other projects. We have some other projects out there waiting for funding decisions. If those ... If we're lucky enough to be awarded those, we'll grow yet again. I think 2019's gonna be a time of change and growth, and working with the School of Public Health to implement formal education programs, as well as strengthen our community partnerships and continue to support what I think is really important research.

Rob Bossarte: More of the same. At this time, we have our year-end wrap up 2019, and Dan will officially be out to pasture, we'll look back and I'm sure-

Dan Shook: Moo.

Dan Shook: That was a cow.

Rob Bossarte: Cow's for all of our-

Dan Shook: Not a pig for all those people in Switzerland.

Rob Bossarte: I was gonna say, all of our listeners in Brazil.

Rob Bossarte: I think it's gonna be a real exciting year. Look forward to it.

Dannell Boatman: All right. So, thanks to all of our international audience for joining in today, and even, you know what? In the US too. Thank you.

Rob Bossarte: That's right.

Dannell Boatman: Thank you for tuning in.

Rob Bossarte: Thank you John in Indiana.

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Transcript by Rev.com

Dannell Boatman: Thanks to all of our co-hosts today.

Rob Bossarte: And Chuck, in Kansas.

Dannell Boatman: Rob, Cara, Sara, Dan, and Taylor's here managing the switchboard, or whatever it's called. I don't know.

Rob Bossarte: And taking the calls from the callers. Let's go to a caller today.

Dannell Boatman: So, I just wanted to let everyone know that this year, amongst all of our changes, we also-

Rob Bossarte: And in Idaho.

Dannell Boatman: ... updated our website.

Dan Shook: Bob in Louisiana.

Dannell Boatman: So you can follow all the research education and outreach activities if you go to-

Rob Bossarte: Joe in Texas.

Dannell Boatman: If you go to PublicHealth, one word, .wvu.edu/ICRC, and you can-

Rob Bossarte: Leonard in [inaudible 00:37:36].

Dannell Boatman: And you can take a look at our updated website.

Dannell Boatman: So, Sara?

Sara Warfield: All right. Thank you again for tuning in. To hear our conversation about WVU ICRC's year end review, if you have any questions, or comments, make sure you share them with us on Twitter or Facebook using-

Rob Bossarte: Darlene in DC.

Sara Warfield: ...#askWVUICRC.

Sara Warfield: What?

Rob Bossarte: I don't know.

Dannell Boatman: You're turn.

Cara Stokes: It's me now?

Cara Stokes: Gotta find my line. All right, we hope that this conversation helped you learn more about the work of the WVU ICRC-

Rob Bossarte: Olga in Utah.

Cara Stokes: ... and be sure to subscribe to our podcast on iTunes.

Dannell Boatman: Okay. Dan, do you think you could do it?

Dan Shook: Good bye from your friends at ... We make injury control cool.